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Number 7

WINTER 2021

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ON THE COVER

Take a hike! Find yourself exploring the many trails at Frost Valley YMCA. Read our story beginning on page 10.

Photo provided by Frost Valley YMCA

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plan your winter getaway

Travel changed significantly for all of us in 2020. Many of us stayed close to home, took traditional means of transportation (our cars) and sought out places where we could socially distance. As we head into 2021, we are hopeful that we will have the opportunity to expand on our adventures and be able to reconnect with our friends, families and neighbors to explore communities with more flexibility.

Despite how things evolve in the New Year, the Sullivan Catskills is the place

We are a perfect escape tucked away in the Catskill Mountains. Our wide-open spaces await those who seek new discoveries and ventures. Whether it is spending time by a fireplace sipping hot cocoa at one of our award-winning inns, rejuvenating the body and soul at one of our wellness centers, delighting in a farm-to-table dining or shopping experience on our main streets, or taking to the outdoors for traditional wintertime fun, we have something for everyone. Some must-do itinerary ideas:



**Roberta
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*President/
CEO
Sullivan
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1. Wintertime sleepover packages
2. Indulging in our Craft Beverage Trail
3. An afternoon spa treatment
4. Enjoying a Catskill-icious experience at one of our locally owned Michelin quality restaurants
5. Skiing, snow tubing, ice skating, ice fishing, horseback riding and hiking through the mountains
6. Attending one of our numerous wintertime events.



contributed photos

Horseback riding at Bridle Hill Farm

to be. We are a destination where businesses put the well-being of their customers first—giving them the #CatskillsConfidence that they are adhering to required standards of our time.

However, our hospitality industry businesses have proven in the past year that they are nimble and creative and will adjust to whatever challenges we face in the new year to provide their customers with the best experiences possible.

We are a destination where travelers can safely seek what they need to satisfy their inner wanderlust impulses. Whether it's a vacation for tranquility, adventure or to attend events, the Sullivan Catskills is a responsible destination ready for whatever the future holds. And the SCVA is prepared to promote the best travel opportunities available for all types of travel enthusiast.



Wintertime sleepover at the DeBruce

Now is the time to add the Sullivan Catskills to your bucket list! We are anxiously waiting to welcome you on your next adventure and inspire your travel bug. Visit www.sullivancatskills.com for getaway packages and social distancing activities that are designed for all interests. Call 845-747-4449 to speak with one of our travel specialists who will design an itinerary just for you.

eagle watching



Photo by Herb Houghton

The Delaware Highlands Conservancy regrettably announces that all guided Eagle Watch bus tours for January and February 2021 are cancelled due to COVID-19. The safety of staff, volunteers, and program attendees is the Conservancy's highest priority, and Eagle Watch bus tours cannot be hosted with appropriate social distancing measures in place.

Instead, visit [DelawareHighlands.org/eagles](https://www.DelawareHighlands.org/eagles) for information on viewing eagles safely on your own and to download a map to take your own driving tour and look for eagles in the Upper Delaware River region. Follow the Conservancy on Facebook and Instagram for virtual Eagle Watch content, with photos, videos, updates, and current educational information on the eagles in our region through the winter season.

Please be aware that if you take your own driving tour through the region, eagle viewing blinds and restrooms may not be open. If the blind is open, please wear a mask, practice

social distancing, and limit the number of people inside at one time. During your visit, please be compliant with CDC and state guidelines, and follow safety recommendations made by Conservancy volunteers. If the viewing blind is closed, it is important to remain inside your vehicle to avoid disturbing the wintering eagles, and to park only in designated public parking areas.

The Upper Delaware River region is one of the largest wintering habitats for eagles in the northeast United States because of abundant clean water and large, undisturbed stands of trees. Protected lands in Sullivan County, NY and Pike and Wayne Counties in PA provide a safe haven for these migratory birds, as well as breeding eagles that live here year-round.

The Delaware Highlands Conservancy works in partnership with landowners and communities to protect the natural heritage and quality of life of the Upper Delaware River region. For more information, call 570-226-3164, 845-583-1010 or visit www.DelawareHighlands.org.



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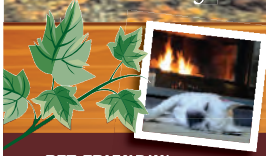
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Winter Branches

*When winter-time grows weary, I lift my eyes on high
And see the black trees standing, stripped clear against the sky;*

*They stand there very silent, with the cold flushed sky behind,
The little twigs flare beautiful and restful and kind;*

*Clear-cut and certain they rise, with summer past,
For all that trees can ever learn they know now, at last;*

*Slim and black and wonderful, with all unrest gone by,
The stripped tree-boughs comfort me, drawn clear against the sky.*

— Margaret Widdemer

contributed photo|Frost Valley YMCA

our winter wond

When you think of Frost Valley YMCA you might think of sending your kids to summer camp. But did you know the organization is open all winter long with 5,500 acres of property for sledding, skiing and all kinds of winter activities?

Weather permitting, Frost Valley YMCA offers cross-country skiing, snowshoeing, many ideal sledding hills for guests who would like to bring their own sleds, as well as guided and self-led hikes through Frost Valley's acres of pristine Catskill forests.

Guests can enjoy scavenger hunts as a family pottery, and candle making, as well as board and card games in their lodges, and cozy campfires underneath a blanket of stars. Wi-Fi hotspots are available around camp to stay in touch with loved ones at home.

"Families can enjoy an invigorating weekend with their family in the picturesque Catskill Mountains," Erin Johnson, Director of Marketing and PR at Frost Valley, said. "When they breathe in the fresh mountain air on a self-guided hike, they rediscover the restorative power of nature."

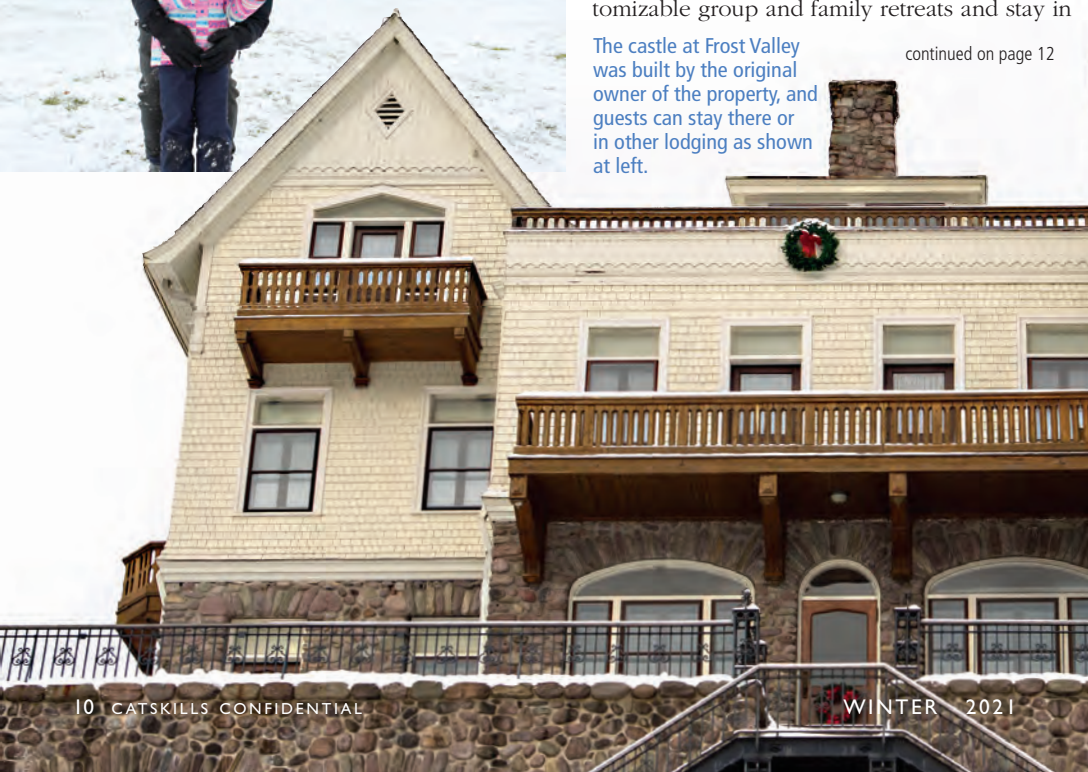
The oldest YMCA camp in the nation, Frost Valley was founded in 1885 as The Boys' Camping Society. It later split into two locations, but in 1957 the land was sold to the YMCA and the first summer camp in the new permanent location was held in 1958.

Ever since then, Frost Valley has provided outdoor experiences for more than 35,000 children, groups, and families each year.

During the winter you can choose from customizable group and family retreats and stay in

The castle at Frost Valley was built by the original owner of the property, and guests can stay there or in other lodging as shown at left.

continued on page 12



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by Isabel Braverman

Photos provided by Frost Valley YMCA



Take a hike through Frost Valley's acres of Catskill forests and find yourself at this stunning waterfall.



continued from page 11

one of the many lodging options, including cabins, yurts, or The Castle (yes, a castle, which was built in 1916 by the original owner of the property).

Freshly prepared meals will be available in the dining hall with social distancing in place, or guests have the option to pick up their meals at the dining hall and eat them in their lodges. If New York State regulations change, guests will dine in their lodges.

Frost Valley offers over 30 miles of Catskill Mountain trails in a wide variety of terrain for every age and skill level. Skiing is open only on the weekends; you should call ahead to check availability each weekend. Skis are provided.



If properly prepared, you and your family can enjoy beautiful winter conditions. Find an icy waterfall, wildlife tracks, mountain streams bordered by snow and ice, hemlock trees, and peace and quiet.

Above: Children will have a blast this winter at Frost Valley, where there are many activities available.

Opposite page: Frost Valley YMCA offers cross-country skiing on trails for all levels, perfect for families.



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Frost Valley YMCA

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This winter it's time to get outdoors! Frost Valley YMCA offers 5,500 acres of winter wonderland. You can go cross-country skiing, hike on the 30 miles of trails, go sledding, and partake in cozy indoor activities with your family. Stay on site in one of the many lodging options.

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Annie's Ruff Cut in Cocheton, NY is a great spot to pick up some comfort food and tasty bar food. Located just off the beaten path, the restaurant has been a favorite for many years.



Isabel Braverman photos

take comfort

by Isabel Braverman

Erwin had a good job opportunity. He knew that Annie always had a passion to have her own restaurant so he purchased the Ruff Cut.

They still have those famous roast beef sandwiches as well as a variety of other unique sandwiches and tasty comfort foods like burgers (made with fresh patties), wings, fries, and appetizers such as onion rings, mozzarella sticks and chili.

In addition to the food menu they have a large selection of drink options, stemming from Grome's passion for bartending.

They have seasonal drinks like eggnog in the winter and frozen margaritas in the summer and there are always one or two special drinks on offer.

There are also food specials throughout the week to keep you coming back: Wednesday is burger day, Thursday is wing day, and there is always one special every day.

And let's not forget about the dessert:

continued on page 16

Working in the restaurant business has been a lifelong love for Antoinette (Annie) Grome. After spending many years as a server and bartender it was only natural that she would come to own her own restaurant.

The Ruff Cut in Cocheton has been a community favorite for many years, known for its famous roast beef sandwiches.

Grome worked there for a couple of years and when the owners were moving on she and her husband, Erwin Grome, took it over, calling it Annie's Ruff Cut and opening in August of 2019.

As residents of Livingston Manor, they moved to the area eight years ago when

continued from page 15

strawberry cheesecake, peanut butter pie or a brownie sundae are just some of the delicious options.

"I just try different things and try to keep it fresh," Grome says.

All of the specials, in addition to the regular menu, can be found on their Facebook page.

But back to how it all began.

Grome grew up in Port Byron, NY near the Finger Lakes. Her mother was a cook at a diner and she would go in and see her a lot, then got a job there at age 14.

"At the time that was when you could legally work, so I started working as a server and just really liked the business," Grome said.

That familial atmosphere can be seen at Annie's Ruff Cut; it's a great place to gather with neighbors and watch the game (once the pandemic is over).

Grome was able to open for indoor dining following COVID-19 compliance, and they also offer takeout, perfect for enjoying a meal at home this winter.



You'll find classic bar food at Annie's Ruff Cut. Known for their famous roast beef sandwiches (pictured below at right), they also have a variety of options from burgers and fries, to appetizers, to sandwiches.

They even have inventive dishes like pretzel fries with a cheese dipping sauce (pictured below left).

And quench your thirst with a delicious cocktail; there's a special drink on the menu every day.

contributed photos



Annie's Ruff Cut

90 Forman Road, Cochection, NY
845-932-5100

www.facebook.com/matsonshomeoftheroastbeef

There's so much more than the freshly made in-house roast beef at Annie's Ruff Cut (though that's what they're known for), you have to try the delicious comfort food on offer. From burgers and fries, to wings, to pastrami sandwiches and heroes, you are sure to find something. They also have specialty drinks and a wide variety of desserts to keep you warm and toasty this winter season.



Isabel Braverman photo

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